

Be a Global Expert in Behavioural Health Sciences

Globally accredited and recognized **Education** Programmes



MindCare Academy

A 3rd Eye Knowledge Foundation initiative

[www . mindcarehealth.net](http://www.mindcarehealth.net)



3rd eye knowledge foundation

MindCare Health Academy

About Us

3rd Eye Knowledge Foundation is an educational trust which strives to create a happy, healthy and secure childhood for the girl child in India by helping her avail formal education. The goal is to enable a Nanhi Kali blossom into a socially responsible adult who is aware of her rights and responsibilities. The foundation offers training and academic support services to all persons of caste, creed, religion and region. It maintains national character and serves on a pan India basis. Our students hail from every nook and corner of the country and even abroad also. The academic executive council of the foundation consists of luminaries responsible for the general development and maintenance of the foundation. Its vision is to develop as a unique educational foundation in the country and then move beyond the shores to neighbouring SAARC nations and even the African Continent, where hunger, poverty and illiteracy, rule the roost.

The foundation has identified that with the ever increasing pace of life, the ever changing economy, complex relationships, the secular trend of growth & overwhelming pressures, the subjective discomfort in people has increased by leaps and bounds. The general notion that the tolerance level of people is going down and so the stress levels are going up: stems from the fact that nowadays the pace of change is very rapid. The technology wired world is becoming more and more accessible and thus, the effect of one culture on the other is intensifying. The pressure of living itself is overwhelming. In the pursuit to catch up with the pace of change around us, we too are changing rapidly. The definitions of success and accomplishments are changing. In an effort to earn a little extra, to be little more, to possess a little more, we are compromising on the contentment of life. To cope up with ourselves, we then try and learn the techniques to manage ourselves better to be able to do more. It seems like we are living 48 hours a day and still pine for more.

Relaxation does not come to us by itself nowadays. We need to put in effort to relax. Some of us prefer yoga, some meditation, some medication & some alternative therapies. Counseling & Psychotherapy are one of these alternative therapies or ways to catch up with oneself, to see inwardly to reduce subjective distress and live life to its fullest.

The foundation under the guidance of Dr Raja Roy Choudhury has launched innovative career oriented professional certification courses/programmes in the field of Counseling & Psychotherapy.

3rd Eye Knowledge Foundation Certified Career Programmes

Master Behavioral Health Specialist Programme

Programme Content

The M.S. in Counseling & Psychotherapy Programme is divided into 2 semesters with one exam per year, each of which requires candidates to be able to critique relevant areas of knowledge and also demonstrate an awareness of ethical practice and issues of diversity.

Year 1

Personality Development
 Psychology of Adjustment
 Psychopathology
 Techniques & Methods of Counseling
 Family & Marriage Counseling

Year 2

Principles & techniques of Psychotherapy
 Clinical Assessment
 Psychological Theories
 Behavior Therapies
 Career Counseling

Programme Objectives

The overall aim of this programme is to provide students with a standard of excellence in the knowledge, skills and understanding necessary for practice in the field of personal, education and guidance and counseling.

You will be educated and trained to develop a systematic and coherent framework for practice within your organization.

Through strong reflective practice, you are encouraged and supported to develop responsibility for personal and professional development, and learn how to identify and mobilize resources across a network of external agencies and the wider community.

To meet the needs of individuals who wish to train as psychotherapists or counselors and professionals and organizations seeking to develop counseling and psychotherapy services.

Programme Learning Outcomes

Analyze various theoretical perspectives on the nature, objectives and effectiveness of counseling.

Identify a range of counseling models and critically assess their suitability for use in various guidance counseling settings.

Critically examine the common factors associated with positive outcomes in counseling practice.

Identify development models and multicultural counseling competencies for the work of a guidance counselor.

3rd Eye Knowledge Foundation certified Advance Certification Programmes

The post graduate programmes in counseling & psychotherapy offers specialization in various areas like family & marriage counseling, behavior modification, effective stress control, environmental psychology and sports psychology. Students completing the Advance Certification Programme can apply for lateral entry directly into the second year of the M.S. in Counseling & Psychotherapy Programme.

Programme Content

Advance Certification in Family & Marriage Counseling

Personality Development
Psychology of Adjustment
Psychopathology
Techniques & Methods of Counseling
Family & Marriage Counseling

Advance Certification in Behavior Modification

Personality Development
Psychology of Adjustment
Psychopathology
Techniques & Methods of Counseling
Behavior Modification

Advance Certification in Effective Stress Control

Personality Development
Psychology of Adjustment
Psychopathology
Techniques & Methods of Counseling
Effective Stress Control

Advance Certification in Career & Guidance

Personality Development
Psychology of Adjustment
Psychopathology
Techniques & Methods of Counseling
Career Counseling

Advance Certification in Environmental Psychology

Personality Development
Psychology of Adjustment
Psychopathology
Techniques & Methods of Counseling
Environmental Psychology

Advance Certification in Sports Psychology

Personality Development
Psychology of Adjustment
Psychopathology
Techniques & Methods of Counseling
Sports Psychology

Programme Objectives

Prepare professional counselors to meet the mental health needs of an increasingly diverse and changing society.

Prepare qualified counselors who are proficient in written and verbal communications.

Prepare professional counselors to practice effectively in collaboration and interdisciplinary environments.

Promote professional counselors to practice effectively in collaborative and interdisciplinary environments.

Promote the development of counselor professional identity and an understanding of the ethical standards.

Programme Learning Outcome

Communicate with peers, professors, and supervisors in a manner that is consistent with appropriate mental health terminology and consultative practices.

Identify the needs of people in a changing society related to human development and human sexuality over the life span.

Conduct effective individual, couples, marriage, family, child and group counseling.

Articulate orally and in written form a theoretical base and rationale for counseling.

3rd Eye Knowledge Foundation Basic Certification Programmes

Programme Content

Certificate in Family & Marriage Counseling

Personality Development
Techniques of Counseling
Family & Marriage Counseling

Certificate in Effective Stress Control

Personality Development
Techniques of Counseling
Effective Stress Control Techniques

Certificate in Sports Psychology

Personality Development
Techniques of Counseling
Sports Psychology

Certificate in Behavior Modification

Personality Development
Techniques of Counseling
Behavior Modification

Certificate in Career & Guidance

Personality Development
Techniques of Counseling
Career Counseling

Certificate in Environmental Psychology

Personality Development
Techniques of Counseling
Environmental Psychology

Programme Objectives

Prepare professional counselors to meet the mental health needs of an increasingly diverse and changing society.

Prepare qualified counselors who are proficient in written and verbal communications.

Prepare professional counselors to practice effectively in collaborative and interdisciplinary environments.

Promote the development of counselor professional identity and an understanding of the ethical standards.

Programme Learning Outcome

Communicate with peers, professors and supervisors in a manner that is consistent with appropriate mental health terminology and consultative practices.

Identify the needs of people in a changing society related to human development and human sexuality over the life span.

Conduct effective individual, couples, marriage, family, child and group counseling.

Articulate orally and in written form a theoretical base and rationale for counseling.

3rd Eye knowledge Foundation Certified Barefoot Counselor's Programme

Programme Content

The art of eliciting information from the individual who approaches (Basic Counseling Skills)

Problem Solving Skills (dealing with individual student/child

Emotional and Behavioral problems in children & common mental illnesses in them

Mistaken goals for misbehaviors and handling them appropriately

Classroom Management

Addiction and its characteristics

Programme Objective

The Barefoot Counselor's Training Programme is an exciting offering for both teachers as well as parents to enable them get an insight in developing skills to deal with students and children. The preferred skills would be:

Making a student/child open up and share his/her problems

Communicate effectively with the student/child

Identify clearly the problems/challenges faced by the student/child

Share insights in helping the student/child adopt solutions to overcome problems/challenges

Programme Learning Outcome

The participants, be it a teacher or parent would be well equipped with the requisite skills to deal with their students/children in a more effective manner.

Since the students/children need guidance and support, their elders would henceforth have more strength, patience and endurance to support and provide them with an encouraging relationship which will help them gain clarity and insight into their life, the life that they want and deserve for themselves.

The training sessions are also safe and supportive to the personal growth and healing of the participants as they would learn the nuances of self- help techniques when they support the development of their younger ones.

Programme Methodology

Slides, Courseware, Audio-Visual Sessions, Interactive Sessions

ProgrammeName/ Format/Duration/Fees

| Programme Name | Format | Duration (months) | Fees (INR) |
|--|-------------------------|--------------------------|-----------------------|
| Master Behavioral Health Specialist | Regular/Distance | 24 | 120,000/20,000 |
| Advance Certification Programmes | Regular/Distance | 12 | 60,000/10,000 |
| Basic Certification Programmes | Regular/Distance | 06 | 30,000/5,000 |
| Barefoot Counselor's Programme | Regular | 01 | 7,500 |

Mode & Terms of Payment

All payments to be made in favor of 3rd Eye Knowledge Foundation, payable in Mumbai by Crossed Demand Draft only.

Please note that for Master Behavioral Health Specialist Programme, there would be 4 equal instalments of INR 30,000 to be paid every 6 months for Regular Format and INR 5,000 for Distance Format respectively.

Please note that for Advance Certification Programme, there would be 2 equal instalments of INR 30,000 to be paid every 6 months for Regular Format and INR 5,000 for Distance Format respectively.

Please note that for Basic Certification Programme, there would be 2 equal instalments of INR 15,000 to be paid every 3 months for Regular Format and INR 2,500 for Distance Format respectively.

Please note that for Barefoot Counselor's Programme which is only in Regular Format, there is no provision for any instalment.

Academic Policy

Assessment Methodology

| Mode | % |
|---------------|----------|
| Attendance | 5 |
| Assignments | 10 |
| Coursework | 10 |
| Live Projects | 10 |
| Examinations | 50 |
| Internships | 15 |

Application/Selection Process

Students need to submit the duly filled form at our Training Center. Shortlisted candidates based on their aptitude test scores need to appear for their personal interview & group discussion.

Regular Learning

Comprehensive quality courseware

Independent study with self-instructional material

E learning

Assignments/Coursework

Regular Weekend Lectures

Dissertation/ Verbatim

Discussion & Role Play

Term Evaluation/ Examination

Internship

National/International Speakers for Seminars/Workshops

Exam Fees

INR 100 per paper

Documents Required

4 passport size photographs

Photocopy of Class X/XII/Graduate/PG degree certificates & mark sheets as mandated Awards/Testimonials

Experience Letters

Articles/ Whitepapers presented in any symposium

Proof of Address

Proof of Date of Birth

Entry Requirements

Candidates are required to have minimum Class XII or UG status to pursue Certification/Advance Certification Programmes and Graduate status for Masters Programme respectively.

Please note that in case a student is pursuing a UG course and also M.S. in Counseling & Psychotherapy from our Institution, he/she would be awarded the Masters Certification only after successful completion of his/her Graduation Programme, failing which a Diploma would be awarded.

Students will have the option of lateral entry from Basic to Advance Certification and finally to Masters Programme during their course of study. They would however have to pay a registration fee of INR 5,000 in such cases when they opt for lateral entry.

Scholarship

These merit based scholarships are offered to academically superior students. They can avail up to 100% scholarship or waiving of subsequent fees.

Programme Salient Features

Scholarship up to 100%

Quality Courseware

E Learning

Weekend Contact Sessions

Internships

Guaranteed Placements for those attending the regular 2 year Masters Programme

Faculty with International Experience

100% credit transfer to select Universities in UK/US with provision for apostilation and Embassy legalization from country of origin (extra fees to be paid for the same)

Free laptops for those who pay 100% fees at the time of enrolment for the regular 2 year Masters Programme.

